

## Easy Ranch Chicken Kabobs

When you're looking for a quick and easy weeknight meal!

### Ingredients

- 1 lb chicken tenders (about 8)
- 1 envelope dry Ranch dressing mix
- 1 Tbls olive oil
- 1 Tbls white wine vinegar
- 8 6" skewers

### Directions

1. Pour dressing mix, olive oil & vinegar into a 1 quart resealable bag. Mix together well.
2. Add chicken tenders and seal bag. Shake to coat and refrigerate for 1-2 hours.
3. Thread 2 tenders onto each skewer.
4. Grill over medium heat (turning once) until done.



Makes 4 servings

### Nutrition Facts:

Calories	180
Total Fat	6.3g
Total Carbohydrates	1g
Dietary Fiber	0g
Protein	24g